CHECK SHEET

Title Page and Original Pages 0-1 to 0-22; 1-1; 2-1 to 2-67; 3-1 to 3-83; 4-1 to 4-3; 5-1 to 5-14; inclusive of this Tariff are effective as of the date shown. Original and revised pages as named below, Adoption Notice (N) and Supplement Nos. 1, 2, 3, 4, 5, 6, 7 and 8 contain all changes from the original tariff that are in effect on the date hereof.

PAGE	NUMBER OF REVISION EXCEPT AS INDICATED	PAGE	NUMBER OF REVISION EXCEPT AS INDICATED	PAGE	NUMBER OF REVISION EXCEPT AS INDICATED
Title	3rd	2-0	1st	2-22	1st
0-1	139th *	2-0.1	1st	2-23	1st
0-1.1	58th	2-1	1st	2-24	1st
0-1.2	69th	2-2	1st	2-25	1st
0-2	9th	2-3	1st	2-26	1st
0-3	2nd	2-4	1st	2-27	1st
0-4	2nd	2-5	1st	2-28	1st
0-5	5th	2-6	2nd	2-29	1st
0-6	3rd	2-6.1	1st	2-30	1st
0-7	4th	2-7	1st	2-31	1st
0-8	2nd	2-8	2nd	2-32	1st
0-9	1st	2-9	2nd	2-33	1st
0-10	1st	2-10	1st	2-34	1st
0-11	1st	2-11	1st	2-35	1st
0-12	1st	2-12	1st	2-36	1st
0-13	1st	2-13	1st	2-37	1st
0-14	1st	2-14	1st	2-38	1st
0-15	1st	2-15	1st	2-39	1st
0-16	1st	2-15.1	2nd	2-40	1st
0-17	1st	2-16	3rd	2-41	1st
0-18	1st	2-16.1	2nd	2-42	1st
0-19	1st	2-17	4th	2-43	1st
0-20	2nd	2-18	3rd	2-44	1st
0-21	1st	2-19	3rd	2-45	1st
0-22	1st	2-20	1st	2-46	1st
1-1	2nd	2-21	1st		

(Filed under Transmittal No. 1085.)

Issued: July 7, 2000 Effective: July 7, 2000

^{*} New or Revised Page.

U S WEST Communications INTERSTATE INTRALATA MESSAGE TELECOMMUNICATIONS SERVICE

TARIFF F.C.C. No. 4 ADOPTION NOTICE

The Qwest Corporation here adopts, ratifies and makes its own in every respect, all applicable tariffs and amendments filed with the Federal Communications Commission by U S WEST Communications, Inc., prior to July 8, 2000.

(Filed under Transmittal No. 1085.)

Issued: July 7, 2000